

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 21, 10

OCTOBER 2015

News from the Directors Desk

The Senior Center Feasibility Committee resumed meetings in September in their quest to find a suitable location for a Senior Center. The Committee met with the Board of Directors of the Nature and Cultural Committee, the group that oversees Fountain Park. A decision on whether it is a suitable location or not has yet to be determined. Also in September, The Friends of the Wilbraham Seniors announced that they had entered into a Purchase and Sales Agreement Option to purchase property on Main Street behind the Lutheran Church. If the Feasibility Committee chooses this site, the Friends will deed the property over to the Town, pending approval at Town Meeting. There is a binder on the agreement stating that the town has to use the property for a Senior Center. Your continued patience and support is greatly appreciated. Please feel free to contact me with any questions or concerns.

Paula

SPRINGFIELD NEUROLOGY PRESENTATION

Are you or a loved one having memory issues? Are you forgetting things more and more? Join us on **Monday, Oct. 5 at 10 am**, when representatives from Springfield Neurology will be at the Center for a presentation. They are currently participating in a national clinical drug trial for mild to moderate memory impairment or Alzheimer's disease. Their board certified neurologists work with pharmaceutical companies to evaluate the latest medication advances for eligible participants ages 55-85. If you are interested in attending this presentation, please call 596-8379 to register. This program was postponed from September.



**SENIOR CENTER CLOSED
MONDAY, OCTOBER 12
COLUMBUS DAY**

Fused glass jewelry workshop

This introductory, hands-on workshop will be taught by instructor/artist Sherry Coulis. She will be teaching the following fusing skills and all participants will be making a fused glass pendant, earrings and a ring. She will help with design layout, working with sheet glass, frits, stringers, millefiori and dichroic glass!! Sherry will "fire" your project for pick-up the following week. **Oct. 19th at 10 am**, \$25.00 per person includes all glass and firings.

PIZZA WITH PUPPOLO

State Representative Angelo J. Puppolo, Jr. is inviting members of the Wilbraham Senior Center to "Pizza with Puppolo" on **October 20 at noon**. This is an opportunity for you to share lunch and conversation with your State Representative. Rep. Puppolo will provide pizza for attendees and will discuss a variety of issues with time for questions. Sign up at 596-8379. Attendance is limited due to our small space, so call today!



WINTER CAR CARE

Mark Whitney, "Whitney's Auto Consulting Service" brings his 38 years of experience in the auto industry to us. It's Free, yes free advise and a personal review of your car. Winter car tips for **Oct 26th at 10 am**. Do not miss this workshop! Clearly a very important topic as winter approaches. This workshop will help identify common areas of concern on your car. What to look for how and to prevent costly repairs. This positive workshop will have limited seating. I look forward to seeing you Monday **October 26th @10 am**. Call 596-8379 to register.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Free Blood Pressure Readings,
Tuesdays, 11- 12 noon.



Foot Care Nurse, **October 8**, Cost is \$29.

Podiatrist Cindy Galavotti, **October 7** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **October 14**, 10 a.m. for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

SHARPS containers are available FREE at center, with list of where they can be returned when full.

FITNESS PROGRAMS

Senior Center Fitness Equipment— recumbent bike and treadmill. A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

Line Dancing on **Wednesdays at 1:30 p.m.** Beginner Line Dance class on **Fridays at 1:30 p.m.**

Tap Class meets on Thursday at 9:30 am, followed by Jazz Class at 10. Cost is \$2/each class.

Zumba Gold—**Wednesdays at 11 am & Fridays at 10:30 am**, \$5.

Tai Chi, **Wednesdays** at 9 a.m. Free

Chair Exercise, **Tues. & Thurs. at 10 a.m.**

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m.**

Gentle Exercise, **Wednesdays, 10:15 a.m.**

SPA PROGRAMS

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **October 2, 9, 16** for appointments. Cost is \$10.

MANICURES AT THE CENTER—Manicures by Cathy Rasid, licensed manicurist. Basic Manicure \$10, (nail shaping, filing, soaking, cuticle and skin conditioning with clear polish). Nail Polish Application \$10, (nail shaping, filing and Vinyl-Lux Premium Polish). Complete Manicure \$18, includes all above. Call Cathy at 413-335-7422 for an October appointment.

CHAIR MASSAGE AT SENIOR CENTER—Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **October 2**. Very relaxing!!



Call 596-8379 for appointments!

TOUR AND LUNCH

MaryEllen's tours of area housing options continues with a tour of Loomis Lakeside at Reed's Landing in Springfield on Friday, October 16. The van will be leaving the senior center at 11 am for a tour of the facility and a delicious free lunch. Space is limited, reserve your seat today by calling 596-8379.



LoomisLakeside
at Reed'sLanding
A member of The Loomis Communities

MEET & GREET WITH SEN. LESSER

Senator Eric P. Lesser invites the residents of Wilbraham to share their comments and suggestions with him during office hours to be held on Friday, October 23, 2015 at 1:00pm at the Senior Center. For additional questions please contact his office at [413-526-6501](tel:413-526-6501).



DONATIONS

Senior Center Donations

Riker, Ann/Ron

Friends Donations

Anon

Besko, Mary

Chmura, Rudolph/Elizabeth

Connell, John

Denby, Margaret

Geoffino, Olga

Greenwald, Marie

Grossman, Lindsey

Grover, John

Jasmin, Lynn/Anna

Lyons, Joan

Meservey, Harry/Therese

Pelzer, Edwin

Schmutte, Ellen

Shadbegian, Eric/Debra

Wilson, Carolyn

Zanni, Alberto

Building Fund Donations

Bongani, Phil

Fogue, Ron

Gould, Norbert/Phyllis

Howard, Salley

WSC. Line Dancers



VETERANS OFFICE NEWS

Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please contact Richard Prochnow at **596-8379**.

APPLE PICKING

Ride the Senior Van on Friday, October 2, at 10 a.m. to Johnny Appleseed's in Ellington CT. Bring a chair and bag lunch you can eat in the orchard. Cost is \$2 for the van plus whatever you pick. Space is limited to the first 11 who register. Call 596-8379.



OCTOBER EVENTS

SHINE Representative will be here on **October 9, 16, 23 & 30**. Call for appointment.

BOOK CLUB, Thursday **October 15, 1:30**, Book is Neverland by Pierce Dungeon.

QUILTING CLUB, **October 8 & 22** at 1:00 p.m.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **October 14**. Call for appointment at 596-8379.

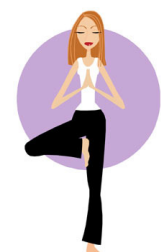
JEWELRY WORKSHOP with Sandy Merrill, **October 21 at 10 a.m.**. Cost \$3 for class.

MEN'S BREAKFAST in Wilbraham on **Friday, October 30 at 8:30 a.m.** Please call to register—596-8379.

AFTERNOONS: PITCH Mondays, 12:30 p.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.





Reiki & Yoga Class



Reiki is an ancient Japanese form of homeopathic healing that helps with general aches and pains, arthritis, relaxation, and sleep. The Center welcomes Carleen Eve Fischer Hoffman, Reiki Master Practitioner. Carleen will be offering Reiki once a month, on the first Wednesday Oct. 7). Please call her directly at 525-7345 for an appointment. \$10 for 15-20 minute session.

Yoga—Class meets on Fridays from 11:40 to 12:40. Senior Yoga taught by Michelle Croze, owner of Harmony Way and certified yoga instructor. Fun class format is for everyone. Class is only \$5 and is a good way to start your weekend. Register at front desk or by calling 596-8379.

OCTOBER 2015

Mon	Tue	Wed	Thu	Fri
			1 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics <i>Stop & Shop</i>	2 9-Massage Therapy 10-Reflexology 10-Apple Picking 10:30-Zumba Gold 11:40-Yoga 1-Bridge 1:40-Line Dance
5 10-Neurology Spkr. 12:30-Pitch 1-Rug Making <i>Ziti/Meat Sauce</i> <i>Broccoli</i> <i>Stop & Shop</i>	6 OCTOBERFEST BUS TRIP 10-Chair Exercise 10-Maniucres 11-Blood Pressure 1-Knitting Etc. <i>Around Town</i>	7 9-Tai Chi 9-Podiatrist 10-Reiki 11-Zumba Gold 1:40-Line Dance <i>Eastfield Mall</i>	8 8-Foot Care Nurses 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 1-Quilting <i>Big Y</i>	9 9-SHINE 10-Reflexology 10:30-Zumba Gold 11:40-Yoga 1-Bridge 1:40-Line Dance
12 CLOSED COLUMBUS DAY 	13 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 12-Eric Lesser Aide 1-Knitting Etc. 1-Friends Meeting <i>Around Town</i>	14 9-Tai Chi 10-Baystate Hearing 10:15-Gentle Exercise 11-Zumba Gold 1:40-Line Dance 1-Atty. Peterson 1-Red Hat Meeting <i>Wal-Mart</i>	15 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 1:30-Book Club <i>Stop & Shop</i>	16 9-SHINE 10-Reflexology 10:30-Zumba Gold 11:40-Yoga 11-Reeds Landing Van Trip 1-Bridge
19 10-Glass Fusing Class 12:30-Pitch 1-Rug Making <i>Baked Chicken</i> <i>Scalloped Potatoes</i> <i>Stop & Shop</i>	20 10-Fallon Health 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 12-Pizza with Puppolo 1-Knitting Etc. <i>Around Town</i>	21 9-Tai Chi 10-Jewelry Class 10:15-Gentle Exercise 11-Zumba Gold 1:40-Line Dance <i>Holyoke Mall</i>	22 DINE OUT 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 1-Quilting <i>Big Y</i>	23 9-SHINE 10:30-Zumba Gold 11:40-Yoga 1-Senator Lesser Meet and Greet 1-Bridge
26 10-Winter Car Care 2:30-Pitch 1-Rug Making <i>Salisbury Steak</i> <i>Mashed Potatoes</i> <i>Chuck Wagon Corn</i> <i>Big Y</i>	27 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. <i>Around Town</i>	28 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 1:40-Line Dance <i>Wal-Mart</i>	29 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics <i>Stop & Shop</i>	30 8:30-Men's Breakfast (Wilbraham) 9-SHINE 10:30-Zumba Gold 11:40-Yoga 1-Bridge 1:40-Line Dance

The Friends of Wilbraham Seniors

PRESENTS the 6th ANNUAL

HOLIDAY BAZAAR

NOVEMBER 21, 2015, SATURDAY from 9am till 3pm

AT THE GARDENS OF WILBRAHAM

2301 BOSTON ROAD

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Thank You + Thank You + Thank You

A big hooray goes out to all you wonderful people who are helping us to build up our postage account. We could still use a little more help in striving toward our goal for 2015 of \$4,200 for our postage needs. It's important that you know that we currently mail the Senior News to approximately 2,200 households in Wilbraham 12 months a year. We would appreciate it if you would help us out again with \$1, or \$5 or \$10 or \$20 or more what ever you can spare. We are very proud of the Senior News and the broad and interesting information that it brings to the senior community.

Remember that seniors represent over 34% of the adult population in our little town, and that Boomers are another 18% of the adult population. It's plain to see that our seniors are aging in place and we are retiring in place. Please lend a hand and help us to build up our postage account. Thank you

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Future Schedule of Friends of Wilbraham Senior Events

October 13, 2015, Tuesday, —Mohegan Sun Casino Bus Trip-Transportation Dining & Gambling Chit

October 22, 2015, Thursday, Steaming Tender Dine Out—Steaming Tender Donates 20% of your bill to Bldg Fund

November 21, 2015 Saturday, —Holiday Bazaar Crafters-Lunch-Huge Raffle-Santa-& Baked Goods & More

December 10, 2015 Thursday, _—Gregory's Dine Out— Gregory's Donates 20% of your bill to the Bldg Fund

January 4, 2016 to February 14, 2016 Friends Money Raffle

Steaming Tender Restaurant

Dine Out

October 22

28 Depot Street, Palmer

The Steaming Tender will be donating 20% of total food and beverage bill to the Friends of Wilbraham Seniors Building Fund. Bring the kids and watch for the trains. Coupons are available in the Wilbraham Senior Center newsletter and also may be obtained at the raffle table on the day of the event. Coupons are good for lunch and dinner.

Call 283-2744 for reservation of four or more



Please present this coupon to your server.
Steaming Tender will donate 20% of your entire bill to
the Friends of Wilbraham Senior Center Building Fund

RED HAT YAYA SISTERHOOD OF WILBRAHAM

We are off and going to have a great year. There are a lot of great things planned. On Wed. Oct. 7th, we are having our annual Pot Luck Luncheon at The Gardens of Wilbraham. It will start at 12:30. Please call Anna Rivera-Calcosola (596-8959) whom is chairing this event with help from many of our sisters. Please let Anna know what you are bringing for a dish and if you are bringing a raffle prize. We need some main dishes. We have plenty of desserts. This is a self drive event.

Friday Nov. 13th we are going to Yankee Pedlar in Holyoke followed by a visit to the smith College Fall Chrysanthemum Show. We will be leaving the senior center at 10:30. Kathy Perry (283-9891) is the chairlady for this event. There will no charge for the flower show. We are doing a very nice three course luncheon at Yankee Pedlar. You will have a choice of Chicken Pot Pie, Grilled Salmon with garlic herb and butter or Roast Pork Loin w/apple cranberry stuffing. The price for lunch will be \$18. We will have a room to ourselves and this includes tax and gratuity. The van will be available for this event for a \$4 charge and we will car pool if needed.

Friday Dec. 4th is our Christmas Party. It will be at the Ludlow Country Club social hour 11:30 to 12:30 followed by lunch. You will have a choice of baked Boston Scrod, Chicken Picatta, or Yankee Pot Roast. We will be doing a baby shower with all baby items collected going to the Bethlehem House. Kathy Sowa represents the Bethlehem House, a pregnancy crisis center. Kathy Phipps (596-9938) is the chairlady for this event. We will also have two baskets to raffle as door prizes. Friday Jan 15 we will be doing Let's Do Lunch. We are going to Olive Garden. Ginni McCombe (525-2916) is the chairlady for this event. We will order from the menu with separate checks. This is a self drive event. Stay tuned for information on the Mardi Gras on Fat Tuesday Feb. 9.

Fall is here, can winter be far behind?

Kathy Phipps, your Queen Mum

Help us save on postage—receive this newsletter by email!

If you would like to start receiving the monthly newsletter by email, please send a request with your **name and address** to: pdubord@wilbraham-ma.gov Each month you will be one of the first to receive the newsletter and help us save money.

community calendar

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Questions? Call Frankie B's at 596-2423.

Wilbraham's Old Meeting House Museum will host an Adams Cemetery Tour by Candlelight on Sunday, October 11 @ 7:00 PM. The dead will tell their stories. Flashlights are suggested. The Cemetery is on Tinkham Road, west of Main St. Parking is within the Cemetery or at the Children's Museum.

American Parkinson's Disease Association's support group next will meet **Wednesday, October 7, 2015 at 10:00 am to 12 pm**. This group welcomes those diagnosed with the disease, those interested in learning more about it and the caregivers and friends assisting those coping with the disease. The speaker will be Deb Ellis announcing her next exercise program. Also, a member from the Stavros Center discussing programs available to assist those who need personal care, or slight adaptations to their home, to continue living independently. We meet at the **Jewish Community Center at 1160 Dickinson Street, Springfield, MA** and as usual: No registration is required. Questions, call Joyce Dupont at [413-323-4274](tel:413-323-4274) (JdupontB@aol.com). More Parkinson's info at APDAMA.org.

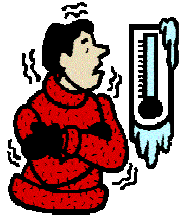
BE PREPARED FOR EMERGENCIES

Massachusetts is susceptible to many natural hazards. While many events have little to no notice, hurricanes, blizzards and other weather events do have some advance notice. Some of the primary ways to get information during an emergency include:

- Local notification systems such as “Reverse 9-1-1 type” systems. Wilbraham has Blackboard Connect—info can be found on the town website—“Wilbraham-ma.gov”
- Commercial media (TV and radio).
- MEMA’s [Massachusetts Alerts Smartphone app](#)
- MEMA’s [Twitter](#) or [Facebook](#) accounts or the social media accounts of a public safety agency in your community.
- MEMA's website: www.mass.gov/mema or your local community government website.
- The Emergency Alert System (EAS) via radio and television.
- [Wireless Emergency Alerts \(WEA\)](#).
- All Hazards National Oceanic and Atmospheric Administration (NOAA) Weather Radio.
- U.S. Coast Guard Marine Broadcast.
- A message on Teletypewriters (TTY).
- [Call 2-1-1 for Non-Emergency Assistance](#). 2-1-1 is the Commonwealth's primary telephone call center during times of emergency and is able to provide information on emergency resources such as shelter locations. (211 does not replace 911)

REMINDER FOR FUEL ASSISTANCE RECERTIFICATION

If you were on Fuel Assistance last year and have received your recertification from VOC, please make sure you return it by October 5th to be sure to receive the benefits for Fiscal Year 2015-2016. If you need assistance with the form, please contact Barbara at 596-8379.



ADS

DIRECTOR OF ELDER AFFAIRS:

Paula Dubord

ACTIVITIES/VOLUNTEER**COORDINATOR:**

Mary Ellen Schmidt

SOCIAL SERVICES**COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

VETERAN'S AGENT:

Richard Prochnow

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:

Jim Hiersche

WEEKLY VOLUNTEERS

Office: Ann Beardsley,

Evelyn Morris, Jackie Daniels,
Dorothy Soja, Dee Mitchell

Van: Peter Siuda,

Jim Hendrickson, Gary Babineau

**IF YOU WISH TO UNSUBSCRIBE
FROM THIS NEWSLETTER
PLEASE CALL THE SENIOR
CENTER AT 596-8379**

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors".
Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705
Wilbraham, MA 01095

Meals served Mondays at 11:45 a.m. in the lunch room.
Reservations must be made the Friday before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS
WILBRAHAM SENIOR CENTER
45B POST OFFICE PARK
WILBRAHAM, MA 01095-1179**

RETURN SERVICE REQUESTED

Nonprofit Organization
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Springfield MA
PERMIT NO. 2853

**SENIOR CENTER HOURS:
Monday-Friday, 8:00-4:00**

PVTA Van Service

available by calling 739-7436.

Newsletter available online at
www.wilbraham-ma.gov

COUNCIL ON AGING MEMBERS:

Chairperson: Trant Campbell

Vice Chair: Robert Page

Secretary: Ellen O'Brien

Members: Theresa Munn, Gilles Turcotte,
Marie Valentine, Diane Weston, Father
Panteleimon Klostri

Meeting: 1st Wednesday of each month at
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month mailed to:

Wilbraham Senior Center
45B Post Office Park
Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546
Email: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:**

Oct. 5—Stop & Shop

Oct. 12—CLOSED

Oct. 19—Stop & Shop

Oct. 26—Big Y

WEDNESDAY TRIPS

Oct. 7—Eastfield Mall

Oct. 14—Wal-Mart

Oct. 21—Holyoke Mall

Oct. 28—Wal-Mart

THURSDAYS TRIPS

Oct. 1—Stop & Shop

Oct. 8—Big Y

Oct. 15—Stop & Shop

Oct. 22—Big Y

Oct. 29—Stop & Shop

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

Around Town Trips on Tuesdays—call to reserve a seat!

Call 596-8379 to sign up today.

